CLASSES FOR ADULTS

Fit at Heart

Aerobic Classes

- ~ Weight training
- ~ Step training
- ~ Aerobic training

Ages: 16 and Up Each Meets: 8 Weeks

Begins: Ongoing

Tue, Thu 6:30-7:30 pm \$35/person Sat 9:00-10:00 am \$35/person

Lincoln Boxing Club

*No cost until sparring and competition. Focus is on fitness, discipline and excellence.

Call Cruz at 466-6103.

Ages: 8 - Adult Each Meets: Ongoing

Begins: Ongoing

Mon.Tue.Thu 6:30-8:00 pm *FREE

CLASSES FOR YOUTH

Before and After School Recreation

Our credo is "stronger physically, stronger mentally, stronger character". Kids will spend time on fitness, academics, character and fun.

Before School

Grades: K-6 Each Meets: 4 Weeks

Begins: 1/11, 2/8, 3/8, 4/5

7:00-9:00 am \$72/child Mon-Fri

After School

Grades: K-5 Each Meets: 4 Weeks

Begins: 1/11, 2/8, 3/8, 4/5

Mon-Fri *\$78/child 3:38-5:30 pm

*Includes snack

Kids Day Off

Many Non-School Days during the school year.

Before School

Grades: K-6 Each Meets: See schedule \$13/child Daily 7:00-5:30 pm

\$65/child

Weekly



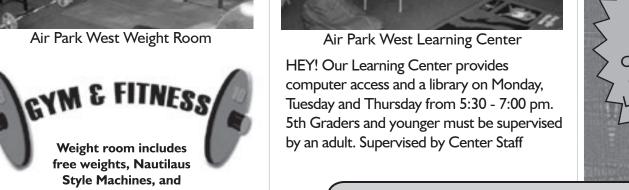
Top quality Summer Day Camp (K-6) & Jr. Counselors Program for Grades 6 & Up

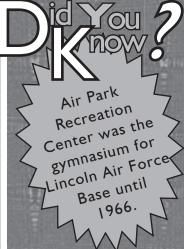
(Must interview, not all selected)

Call Doug at 441-7876 for registration or questions.









Contact Us:

AIR PARK WEST NEIGHBORHOOD CENTER

ADDRESS: 3720 NW 46th Street, Lincoln NE 68524

PHONE:(402) 441-7876 **EMAIL:** dkasparek@lincoln.ne.gov

HOURS: Monday, Tuesday, Thursday 11:30 am - 8:00 pm

Wednesday, Friday 11:30 am - 5:30 pm



Gym **Fitness Punch Card** *Free Drop-In \$I/visit \$10/12 visits

*Gym is also available for drop-in basketball as well as walking or jogging. (16 laps = I Mile)